

Brazilian Jiu Jitsu

If you have enrolled in [BJJ NJ](#) classes, you must be tensed and scared. You have to make sure you are prepared for your class but how to be prepared may be a mystery to you. There may be a number of things going on in your mind about JiuJitsu and the nervousness is overwhelming you. Here are some things to do before a class to prepare yourself so that you are ready to start learning.

First and foremost, you should prepare physically. Your body should be ready. Physical preparation includes training yourself and making sure your body is in good health. You have to take care of your hygiene too and make sure you are clean. It might seem pretty basic and simple but there are people who do not bother about these things. You have to bathe and be clean so that you don't stink during your class. JiuJitsu includes physical contact and you should remember this at all times. If you have long hair, make sure you tie it so that it does not obstruct you as you train. The best bet would be to keep your hair short.

You should also make sure you are in shape if you want to make the most out of your [New Jersey BJJ](#) training classes. You don't have to be perfect but it is important that you take care of your physical health. Simple strength training will suffice and will help your body prepare for the training. General health includes sleeping on time, and healthy eating. You should abstain from alcohol and drugs. You should eat foods that guarantee energy and not just fill you. Heavy foods can make you sluggish.

Focus is the most important thing during BJJ. You should be focused and you should always respect those around you, teachers, and students alike. Don't take things lightly and pay complete attention. Rules have to be followed at any cost. If you play around during your classes, you may end up hurting someone or getting injured yourself. Be obedient and listen. Carrying your ego with you will not help you at all. You must accept the fact that your teacher knows much more than you do.

If you keep these basic things in mind, you will be able to train well and learn BJJ properly.

<http://www.northernvalleybjj.com>